

WOMEN VETERANS HEALTH CARE



Don't let osteoporosis slow you down.

Let VA help.



Department of Veterans Affairs

★ *You served, you deserve the best care anywhere.* ★

Don't let osteoporosis slow you down.

An inadequate supply of calcium over a lifetime contributes to the development of osteoporosis.

Recommended Calcium Intake	
Age	mg/day
Birth to 6 months	210
6 months to 1 year	270
1 to 3 years	500
4 to 8 years	800
9 to 13 years	1,300
14 to 18 years	1,300
19 to 30 years	1,000
31 to 50 years	1,000
51 to 70 years	1,200
70 years and older	1,200
Pregnant or lactating	
14 to 18 years	1,300
19 to 50 years	1,000

- Food sources of calcium include:**
- ★ Low-fat dairy products
 - ★ Sardines and salmon with bones
 - ★ Firm tofu and other soy products
 - ★ Dark green, leafy vegetables
 - ★ Calcium-fortified foods and beverages
- If you do not get enough calcium in your diet, talk to your provider about taking a calcium supplement.

Source: NIH Osteoporosis and Related Bone Diseases, National Resource Center